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THE FLYER

Salisbury University's student voice

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Tuesday

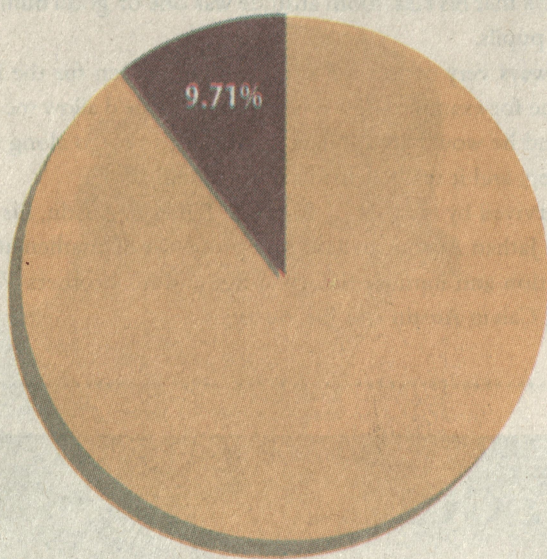
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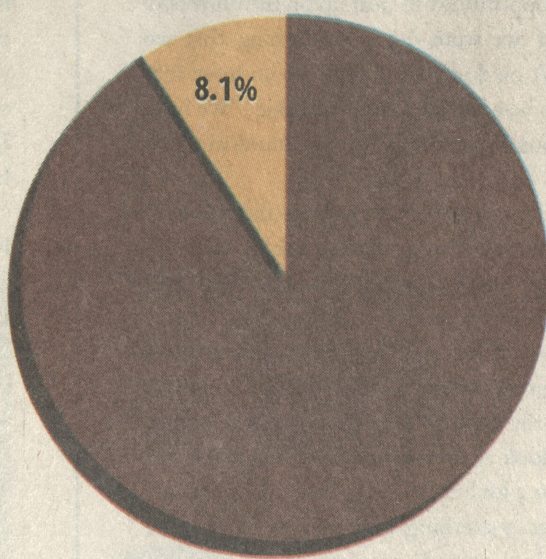
The city of Salisbury fights 'brain drain'

In 2014, 4541 out of 46725 total living SU alumni are residing in 21801 and 21804



(Source: Salisbury University Foundation)

In 2014, 175 out of 2150 were from 21801/21804.



(Source: SU's University Analysis, Reporting and Assessment Department)

Samantha Brekosky graphic

BY REED SHELTON
Staff Writer

Most locals graduating from SU choose to remain in their hometown.

Salisbury residents choosing to attend Salisbury University appear to be making the decision to remain in their hometown post-graduation.

There are over 46,000 SU alumni in total, and approximately 9.7 percent are currently residing in the Salisbury area. There are more SU graduates living in Salisbury, percentage wise, than there were newly-enrolled locals in 2013 or 2014 - a testament to the city's success in neutralizing "brain drain," wherein newly-educated citizens from an area move on to potentially greener pastures outside the city in which they earned their degrees.

Grace Olinde, 19, is a sophomore elementary education major at SU and was born and raised in Salisbury. She wants to remain in the city after graduation, hoping to have a positive impact on the city's education system as well as being reluctant to leave the hometown she's fond of.

"I like the area - the atmosphere, the beach, the way of life," Olinde said. "It's slower here and I like that."

Salisbury City Council President Jacob Day, also raised in Salisbury, believes that the city has much to offer that is justifying local SU graduates' decision to stay.

"(Those percentages) say that the inherent strengths of our community are attracting them," Day said. "The assets that we have - the park, the zoo, the access to nature, the slightly easier lifestyle and cost of living, and also relationships you develop in your community when you're from here."

Yet it's not just the virtues of the community itself that are keeping native SU graduates in their hometown, Day believes, but the opportunities provided by technologies this generation has access to.

There are over 46,000 SU alumni in total, and approximately 9.7 percent are currently residing in the Salisbury area.

"We are more mobile than any generation ever has been in the past. (Millennials) are able to work and develop a career that is not as anchored in geography as our parents and our grandparents," Day said. "Our careers are, one, more mobile from firm to firm - we tend to have a shorter stay at various organizations... but on top of that we tend to be able to work mobile, through the internet...and really live where we want to live."

The trend towards staying in one's area, whether a new college graduate or otherwise, is one that's facing the entire nation, as well. In 2013, approximately 4.8 million Americans moved across state lines according to the U.S. Census Bureau. That's down from 5.7 million in 2006 and 7.5 million in 1999.

Still, nine out of ten SU students won't remain in the city after graduation, and one of the commonly cited reasons current students have for leaving after getting their diplomas is crime. "Absolutely not," said Stephen Sieron, an information systems major at SU, about whether he was considering remaining in Salisbury after

college. "I think the campus is great, but outside campus just isn't. Maybe if crime dropped a good amount I'd stay."

Those planning to stay are not intending to do so for long, such as Nichole Herndon, a SU senior dual-major in early education and elementary education. She hopes to be a positive influence on the Salisbury school system, but says that "the crime rate is a huge concern" that will make her leave after she and her husband have children.

"Maybe in the future if that changes," Herndon said. "But with the way it is now I'd rather be across the [Chesapeake Bay] once my children enter school."

Other students like Tyler Jenkins, a SU freshman majoring in mechanical engineering, are critical of Salisbury for the same reason, even though they've already made up their mind to remain here.

"The surrounding area is pretty rural, and Salisbury is the place where everyone can come together," Jenkins said. "Even with the crime, which I know is a big issue."

Day, however, says that the perception of crime in Salisbury doesn't mirror the actual realities of the city.

"It's really important to know whether or not it's founded or unfounded, and I believe that's completely unfounded. This year's crime statistics [from 2015] show that it's now the safest time since 1986 to live in Salisbury, that we are now out of the top 100 crime-per-capita in the country," Day said. "We were number four in the country three and a half years ago, and we're not even in the top 100 anymore. They don't even measure if you aren't in the top 100, so we're not even on the list."

"And that's a good trend."

Homer Austin, 30-year veteran professor at SU, dies



BY REED SHELTON
Staff Writer

Salisbury University is lamenting the loss of Professor Homer Austin, a 30 year professor of mathematics at SU, who died Friday, March 6 at the age of 70.

Austin joined the Department of Mathematics and Computer Science at SU in 1983 after earning tenure at James Madison University, and was known among his colleagues for his passion, good nature and excellence as an instructor.

"Dr. Homer Austin was a wonderful, kind man. He made mathematics accessible to thousands of students over the years. Students were fond of him, and he was a role model for other Salisbury University faculty."

- Janet Dudley-Eshbach, president of SU

"Dr. Homer Austin was a wonderful, kind man. He made mathematics accessible to thousands of students over the years," said Janet Dudley-Eshbach, president of SU. "Students were fond of him, and he was a role model for other Salisbury University faculty."

Austin, who earned his Ph.D. at the University of Virginia in an interdisciplinary program combining applied mathematics, statistics, computer science, and mathematics education, was a widely-published expert in his field, with his work appearing 27 times in various mathematics and education-based journals.

While teaching at SU, he was awarded the Distinguished Faculty award in 2003, the John Smith Award for Distinguished College/University Teaching in 2004 and the Alumni Faculty Award for Henson School of Science and Technology in 2010.

Michael Bardzell is a mathematics professor and the chair of the Department of Mathematics and Computer Science at SU. He expressed the loss his department faced with Austin's passing.

"Homer was near and dear to all of us," Bardzell said. "He was a sta-

See AUSTIN on Pg. 2

SU students and police maintain good relations as other areas



Samantha Brekosky graphic

BY SHANNON WILEY
News Editor
@TheShannonWiley

Through a year of tumultuous community-police relations, including local suits against a Salisbury police officer and recent efforts from University of Maryland Eastern Shore students

trying to improve their own relations with officers, Salisbury University students and SU Police Department officers have upheld moderate to strong relations, and are continuing to work to improve this and communication.

"Most of the feedback we get, from the standpoint of comparison with other (police) departments that students interact with, they'd

much rather deal with the Salisbury University Police Department then, say, some of our counterparts," SUPD Chief Edwin Lashley said, a police officer for almost 40 years and chief of the SUPD for almost 10 years.

Lashley served as a police officer for 40 years

See COPS on Pg. 2

COPS

Continued from PAGE 1

and chief of the SUPD for 10 years, respectively.

Many students feel the same way about relations; "I think the relations are quite fair," SU senior Ayobami Awe said. "I haven't encountered any mean police officers and the ones I have come in contact with are very nice. I have no problem with the officers."

Junior Zach Johnson agreed adding, "I have a few friends who are very good friends with officers, so I think the relationship with the students varies from group to group."

Lashley said that the students are "under no circumstance" the people that cause issues on the campus, and that instead it is often those who threaten the students of SU that he has to deal with and worry about the most; those who do not belong on the campus, who want to prey on students when they are off campus, who want to sell narcotics to students and who want to exploit students.

"A lot of the interaction we have with students is based on poor decision making, rather than people coming to a university to become a career criminal," Lashley said.

Based off these interactions, some students are unsure or are skeptical of the relationship between SU's police department and students.

"I think it's a very low-level relationship because we equate them to the city police and I don't think that relationship is very good," senior Tyler Chenoweth said.

A request for an interview with the Salisbury Police Department was denied by Salisbury Mayor James Ireton.

"I guess (the relationship is) alright," senior Kevin DeHoff said. "I see them every now and then but I don't really talk to them. None of them are mean."

Other students feel the relationship is very bad because the public in general is averse to officers.

"Who likes or can trust the cops?" sophomore Eric Norian asked. "When I go out, I don't want to see them."

Despite this, the officers have tried to keep communication open, even when students are not aware of it.

"(The SPD) definitely cover their bases on giving information on how to get in contact with them to students," Johnson said. "But most of the time, students ignore it, thinking they'll never need it. If I needed them, I would get online and try to find them or go to the security box or hit the blue buttons on campus."

For many other students, these options are the only ways they could think of to contact the department.

In order to keep communication open and trust high, Lashley is a part of several university committees on which students sit, including a Campus Safety Committee that meets once a month and discusses issues that may pose a problem or issues that students bring to attention that Lashley or his department may not be aware of already.

He said that this committee has proven to be "quite useful."

On the committee is executive staff, numerous representatives from department in the university, the president of the Student Government Association, the vice president of External Affairs and members of the graduate student chapter.

Other committees that the chief is a part of in which students have a voice include the Town Gown, the President's Advisory Committee, the Neighborhood Relations Committee, and the Neighborhood Compact committee for students living off-campus. On the latter committee, in addition to the SUPD being represented, so are other close police agencies.

Once a year, the SGA also invites the SUPD to speak to the students, and officers invite anyone to stop by the office to lodge a complaint if ever need be any day of the year.

"If students had problems, they could really take an opportunity to beat up on the university police if we were doing something that we shouldn't be doing or if they see an issue that needs to be addressed," Lashley said. "We have enormous opportunity to communicate," he said.

Likewise, on the SPD's website there is a little-known space to give feedback or criticism on service that was given, or not given, to students, faculty or staff.

"Occasionally someone will make an entry on there, but not often," Lashley said. "I think that is primarily because they are not aware or they do not look at the website. I've seen a lot and I've done a lot but I don't know it all. If the students see something that they think that we need to look at, we'll certainly do it."

The SUPD is a nationally accredited police agency, a status that puts them above many other police agencies in the country. This means that the department was able to meet, prove and maintain a nationally recognized set of standards.

"If we adhere to our policy that is written, a policy that places emphasis on accountability from this standpoint to the chief and accountability to our customers," Lashley said. "So if there is a rogue officer going out there doing something (he shouldn't), the policy will catch him, and I am committed to enforcing that policy."

Additionally, 95 percent of the officers in the SUPD were officers before coming to this department, and the command staff are all college graduates some with graduate degrees. Some officers are FBI national academy graduates, as well, including the chief.

"The officers here understand the unique relationship and responsibility we have being on a college campus rather than in a community," he said. "The public in general tends to be a little anxious when confronted with law enforcement, but from where I sit, the loop of communication, the trust and our commitment to the students is unwavering."

AUSTIN

Continued from PAGE 1

ple to this department since he joined us in 1983... a jack-of-all-trades who taught mathematics, statistics and was heavily involved with math education efforts."

Austin, alongside Robert Tardiff and the late Robert Ehrlich, began the Eastern Shore High School Mathematics Competition 31 years ago to promote mathematics among high school students. Tardiff, long-time friend and colleague of Austin's and current professor at SU specializing in probability and statistics, said Austin was a gracious man, a challenging but loved teacher, and an invaluable facet of their department.

"He was the guy you could count on. He was what you call a go-to guy," Tardiff said. "If you wanted insight into some particular issue... or how you'd do something, he was the guy you'd go to."

Randall Groth, an associate professor of mathematics education at SU worked alongside Austin on numerous projects related to math and education. Austin was someone that didn't seem of age to retire, Groth said, such was the passion that he brought to his work.

"I think for those that knew him, it's just very sad," Groth said. "And for future students that would have had him (as an instructor), they're missing out on someone that brought a lot of enthusiasm and energy to the table."

Casey Lake, 19, a freshman at SU, was studying statistics under Austin this semester, and says that his classroom attitude was one of good humor and sincere caring for his pupils.

"He was always very concerned with everyone. Even for the kids that were struggling - me for example - if I was late on work he'd allow me some leeway," Lake said. "And he would always have funny stories to go along with whatever he was teaching, and it really helped me understand."

Austin is survived by his wife of 37 years, Linda B. Austin, his children Hollie Austin and Jathan Austin, an associate professor of mathematics education, teacher education and number theory at SU, and his brothers Vaughn Austin, Boyce Austin, Calvin Austin and Joe Austin.

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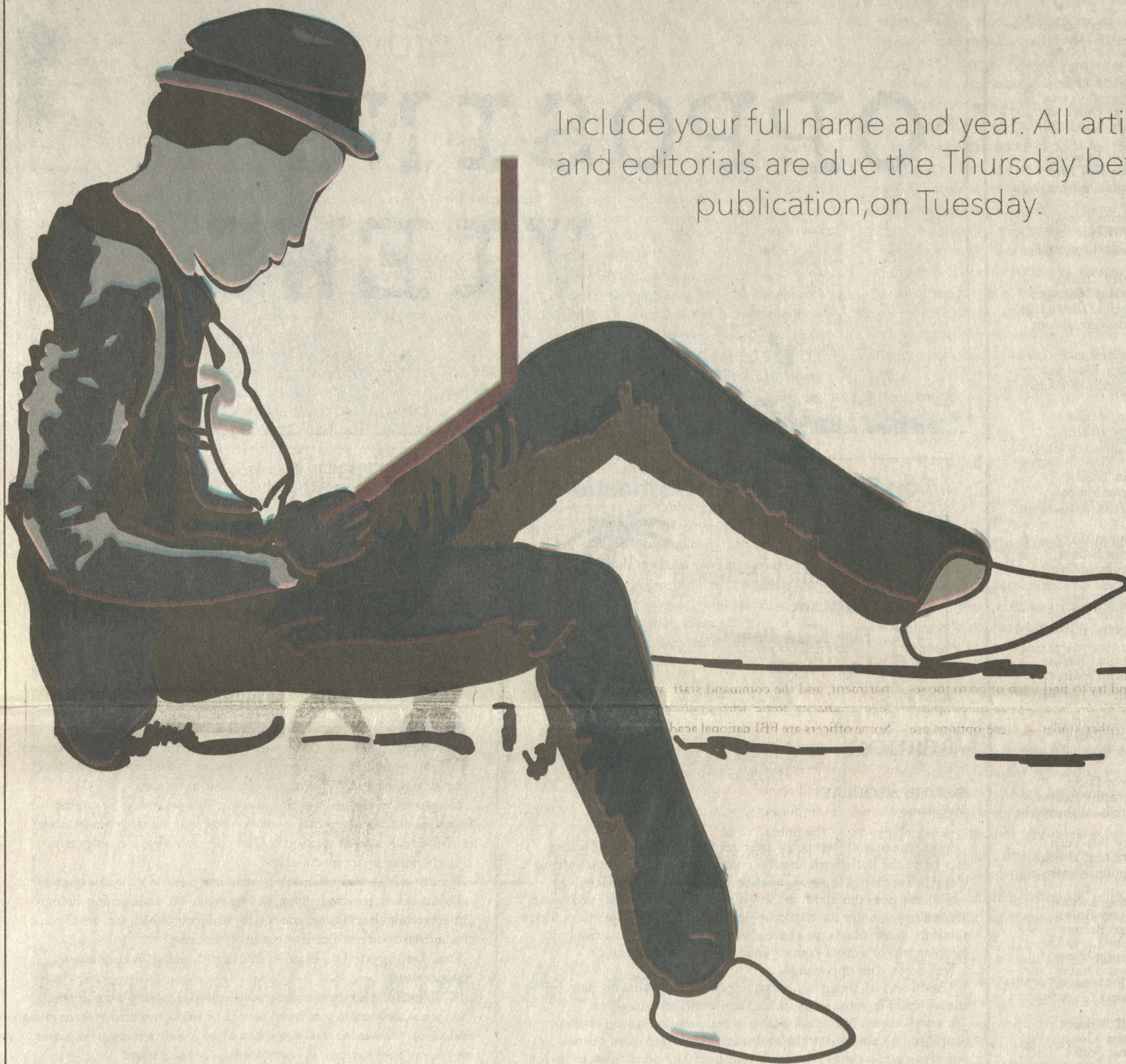
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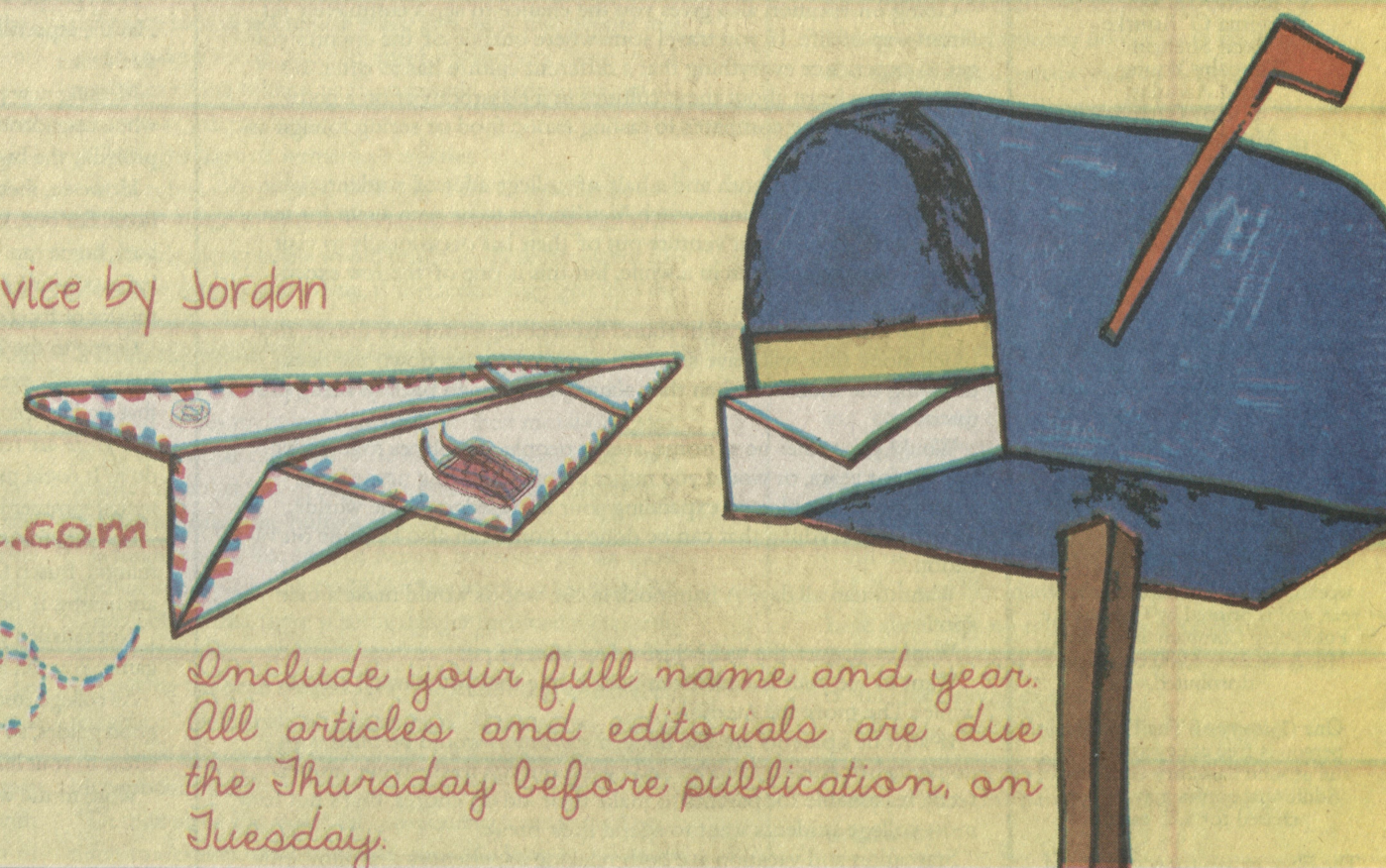


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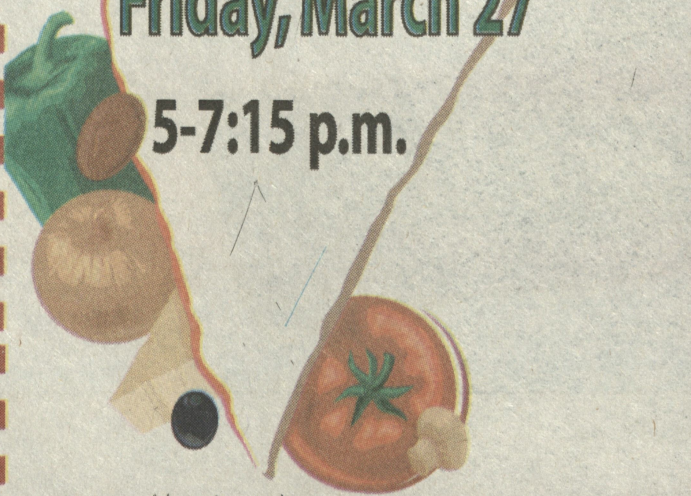
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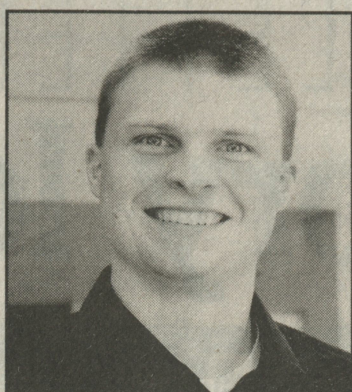
Overheard: What strategy did you use to fill out your March Madness bracket?



"UNC is my favorite but I am a Maryland fan so I chose those two." - Allison Merriken, sophomore



"I picked a lot of my favorite teams but I didn't think they would make it very far. I also picked some teams based on their successes." - Becky Early, junior



"Always have an upset in the first round and go with Kentucky. Also go with your gut." - Bobby Spencer, senior



"I don't even know what the bracket is. I don't really know anything about March Madness." - Grace McKinnon, junior



"All I really know is about the upsets, so I didn't fill out a bracket." - Pam Goebel, sophomore

The Flyer

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

OPPOSING VIEWS

Top 5 Spring Break Destinations

1. Home
2. Panama City Beach
3. Cancun
4. Daytona Beach
5. Las Vegas



Vacation

BY KOBI AZOULAY
Staff Writer

Spring break is the last bit of fresh air for college students before they begin the last stretch ahead of finals, and there is no better way to spend break than going on a vacation with family or friends.

Not only does this allow you to get away from school-life and home-life, it also gives you the chance to get closer to the people that you care about the most. Maybe you have always wanted to go on a family camping trip or a cross-country road trip with your friends.

Well here's your opportunity. After weeks of trying to balance a college workload with clubs, jobs and a social life, most students are starting to feel burnt out.

It's well-known that stress weakens your immune system, making people more vulnerable to heart disease, cancer and other diseases. Vacation is a great way to rejuvenate your body and greatly reduce these risks.

Some people may argue that going on vacation can actually be stressful itself because it can be hectic trying to fit everything that you want to do into one week. As long as you manage your time well and schedule plenty of relaxation time, this problem can be completely avoided.

A little change of scenery can actually work wonders on your psyche. Whether it's exploring a city, journeying through a national park or just tanning on the beach, being around new sights and sounds can be a relaxing experience.

Going on vacation also gives you the chance to see a completely different way of life. If you travel somewhere outside of the country you get to experience everything that a different culture has to offer. It's one thing to learn about these cultures in a classroom or on a computer, but nothing compares to tasting exotic food or seeing foreign architecture firsthand.

After a stressful month and a half of college a lot of students want to just go home and binge-watch Netflix, not to be seen again for ten whole days. They might venture out of their lair occasionally to visit people they haven't seen in a while, but this is one of the few exceptions.

While in theory that might sound like a college student's dream, too much alone time will leave students simply counting down the days, dreading the moment when they actually have to go back to being productive.

Would you rather be at home, seeing people and places that you've known for years, or would you rather be out exploring new places, meeting new people and expanding your knowledge of the world?

Almost everything that can be done at home can also be done on vacation.

Want to nap all day? A hammock in the woods would make a nice spot.

Want to sit surf the web? Surf a few waves first.

Want to see your friends from back home that you haven't seen in a while? The more the merrier.

If anyone's parents are like mine, a staycation would be filled with doing dishes, folding laundry and taking out the trash. While it's perfectly reasonable for parents to make their kid do chores, that's not how most college students want to spend their break.

Staycation and vacation are both relaxing experiences that allow you to mentally recover enough to last through a few more weeks of school, but one causes you to become lazy and less motivated while the other leaves you with timeless memories and a new perspective on life.

If you didn't make this spring break memorable and go on vacation, make a change next year. You won't regret it.

Staycation

BY EMMANUEL ATUFU
*@McTimYoung
Staff Writer*

Another spring break just came and went and as a college student, we are all thinking about how we spent our glorious week.

Would a spring break have been better traveling to Miami, swimming in the beach and partying like there is no tomorrow, or would it been better to stay home and relax?

Picking between a vacation or a staycation might be difficult at first glance, but the answer, once you think about it, is quite obvious. Staycationing is the way to go.

A staycation is a vacation essentially spent at home. This doesn't necessarily mean you are under house arrest. It just means you should spend most of your time relaxing at home or exploring your community.

Staycations are the best way to spend your spring break and easily the biggest reason being you save money. College students are generally broke, so if you really want to vacation in Miami or something, you better save enough money up for it beforehand.

For any college students traveling out of state, consider the true costs of it.

Buying tickets, packing luggage, waiting in multiple lines, getting through airport security, lost luggage, missing (or stolen) electronics, etc., are all some of the problems you may face if you plan on traveling.

Plus, don't forget all the extra expenses for shopping, food, hotel and transportation.

Why start off your vacation on a stressful and exhausting note? By the time you actually get to your hotel, your body will be too tired to do anything and all you will want to do is sleep. And when you are returning from your travels, you have to repeat the same stressful traveling issues.

With staycations you can sleep whenever you want and avoid travel related problems. The point of a vacation is to loosen up and relax, so if that is the case, staycationing sounds a whole lot more like a vacation than traveling. Those precious hours waiting at airports, flying on airplanes or getting to your hotel could actually be used to have fun or sleep.

Now, there are perks to traveling instead of staying at home. For one, traveling is fun for some people and others like to feel like they are doing something productive with their break instead of sitting at home.

Also, people look forward traveling to warm cities such as LA, Miami or Hawaii, especially if they have been barraged with snow like Salisbury was this winter.

Meeting new people and the possibility for a "spring fling" are factors when considering traveling for spring break. But escaping the cold, to me, is probably the biggest motivator.

However, there are so many things college students can do during staycations. For one, students who want to hang out with their high school friends back home can. You can go shopping at the mall or go to the movies. Nothing says spring break than chilling with your friends and hitting up a movie theater or food court.

Going to the Zoo or a museum is another option. Being from DC, which has basically everything you need condensed into a small mini-state, means that finding things to keep you entertained will never be a problem.

If there are restaurants in your community you have not eaten at, then go do it. It could turn out to be your favorite restaurant or there could be a potential summer job waiting.

Looking for more excitement? Head over to Dave and Busters, Kings Dominion, Busch Gardens and just about any amusement or water park that are nearby. If none are nearby, try a local swimming pool.

Not satisfied yet? Then try going to a professional baseball or basketball game. You can also look online to find music concerts near you.

As college students, we have been working our tails off trying to maintain good grades, so when you finally get a break from school, why add more stress to your life by traveling?

Word to the wise, stay home and enjoy your breaks, you have earned it.

TUNED IN



"iZombie" review

BY CHRIS KRAUSS
Editorial Editor

It's hard to tell which one is more of infectious, the zombie plague or the need to make more zombie related media.

Sifting through the amount of TV shows, movies and video games that have injected their way into society's bloodstreams can be a daunting task, as many of them are either trash or simply a rehash of something that was done before. However, the CW's attempt at episodic zombie television show, "iZombie," actually manages to avoid being either of these things.

The show starts like most others, though, of the sort with a simple zombie outbreak. But even in starting this way, the show detours from the typical path and addresses the reason for the outbreak as the effect of a new synthetic drug called "Utopia" ironically.

"iZombie" loosely follows the DC comic book of the same name, featuring the main character, Olivia Moore, as a revenant, or a zombie per se. But instead of making the main character a grave digger, the show takes her to the role of a coroner's assistant allowing for her to have a pretty much unlimited supply of brains to snack on.

What makes "iZombie" so much different from other shows though is how they portray zombies. Moore is not rotting or constantly trying to feed on the living, but instead rather pale and only eats brains enough to keep satiated. The show gets interesting when Moore finds out that after eating a brain, she takes on some of the person's character traits and qualities and even starts to have "flashbacks" to the person's life.

This comes in handy when the newly recruited detective needs help solving a crime of the John Doe's brain she just ate, turning the recently deceased coroner's assistant into a recently deceased coroner's assistant with

a minor in being a detective.

In terms of hitting genre, an undead comedy, the show hits the former more than the latter, with most of the jokes receiving nothing more than a chuckle at most. However, I found myself caring more about Moore and how she was learning to live in this new world than the actual crimes and solving them.

Seeing how a zombie would react to having a roommate, having an ex-fiancé and engaging with the living is interesting and provides a fictional insight only the movie "Warm Bodies" has ever given me.

Acting wise, the show casts some friendly faces, with Rose McIver as the show runner, who is most notable for her time as Tinker Bell in "Once Upon A Time" and a minor role in "The Lovely Bones." She plays the awkward zombie spot on all while making zombies look prettier than ever before.

The other main character, Clive Babineaux, played by Malcolm Goodwin, famous for his roles in "American Gangster" and "Breakout Kings," plays the newbie detective and shines when the script doesn't seem to try so hard and leaves him to breathe a little.

Like most other CW shows, the music hits home and provides plenty of feels at the perfect moment, whether it is provide an overwhelming sense of sadness as an ex-fiancé moves on or the joy that is shown when a zombie realizes how to truly feel alive again.

Overall the show has its own distinct feel and the viewer is able to experience a relatively new take on the zombie genre, much different from other famous shows like "The Walking Dead" or "Z-Nation."

If you love zombies and want a show that takes it a little lighter hearted than other more intense and gory apocalypse shows, then this show is a perfect middle ground.

The Flyer gives the pilot episode of "iZombie" a 7/10.

Beware of taking AI too far

BY KOBI AZOULAY
Staff Writer

Technology has improved at a rapid pace in the past few centuries.

We went from Morse code to smart phones, horse-drawn carriages to mini-vans, fire places to indoor-heating systems.

The list of technological advancements is so long that someone wouldn't even be able to write them all down because there would already be a new invention by the time they do.

There is one advancement that mankind has been curious about since John McCarthy coined the term in 1956. Artificial Intelligence (AI) refers to a computer or machine that has intelligence that is similar to the kind of intelligence that humans have.

There is no absolute consensus as to how intelligent a machine has to be in order to be considered intelligent, however many people believe that a machine that truly contains AI would be able to trick a person into believing that they are human and not a machine. That's exactly the purpose of the Turing Test.

The Turing Test was created by Alan Turing, who is commonly referred to as one of the pioneers of computer science. It involves one person (the judge) asking questions through a computer that connects to two other computers.

One computer is operated by a person; the other operates on its own. The judge has to decide which answer came from the human, and which came from the computer. If he guesses wrong more than he guesses right, the computer would technically be considered intelligent.

Most people that create a prototype AI to take this test simply make it in such a way where it answers questions with a question or talks about a keyword from the question in order to fool the judge. If any of those prototypes were to beat the test, I don't think you'd be able to consider them truly intelligent because they're programmed to act a certain way.

A truly intelligent computer would be able to logically rea-

son and respond directly to questions without any misdirection. While a computer like this could be beneficial to society in a lot of ways, it's a high-risk, high-reward scenario.

AI optimists might tout possibilities such as robots working dangerous jobs or self-driving cars, and while those ideas are sound, the potential negative consequences of AI far outweigh the benefits.

While AI machines working dangerous jobs could potentially save lives, it would take many jobs away that people rely on to make a living. It could also be a slippery slope to AI machines taking other jobs from people, exacerbating an already weak job market.

That's the least of humanity's worries.

If a robot was created that was truly as intelligent as a human, it would be able to rationalize information and react to it. While most people would program these intelligent robots to be friendly and caring, if this technology gets into the wrong hands, the consequences could be apocalyptic.

Even the robots programmed to be friendly and caring could end up becoming corrupt. Just like normal people surrounded by negativity can lose track of their moral compass, an AI robot that can rationalize information and react to it could realize that it is stronger than humans and react by trying to overthrow the human race.

It might sound like science fiction, but some of the most intelligent people in the world like Stephen Hawking and Bill Gates believe that there is some danger involved with artificial intelligence.

Hawking has been quoted saying he thinks that artificial intelligence "could spell the human race." Gates agrees, saying, "If I were to guess like what our biggest existential threat is, it's probably that."

Despite all of the potential consequences, we should continue to develop artificial intelligence. As long as we never allow these machines to become more intelligent than humans, there is definitely some benefit with advancing this kind of technology.

It is important to understand the potential consequences of AI in order to safely advance into the future.

Trash TV doesn't make you trashy

BY SHANNON WILEY
News Editor
@theShannonWiley

The top item on the list of things my dear father loves to make fun of me for is my taste in television, which he describes as some of the worst he has ever heard of.

Now I watch the classics- "Gilmore Girls," "The Following," "Law and Order: SVU," and others; then my taste leaks into the more "make-fun-of-me-able" with "Pretty Little Liars" and "Vampire Diaries."

At this edge, my taste in television takes the plunge off the edge into my most common watches, many of which are found on TLC.

Some of best include "19 Kids and Counting" (despite their questionable political movements, I couldn't really give less of a damn about their religious beliefs), "My Five Wives" (good for them on their political movements), "Say Yes to the Dress" and "Gypsy Sisters." Hit the channel a couple times and one can find another of my favorites, the infamous "Keeping up with the Kardashians."

Liking these shows and many others similar is highly controversial, though, to many, and as a result I've been asked insulting and ridiculous questions about mine and others' viewing habits.

Do people watch them before the viewer is stupid and cannot comprehend any real television?

Do people who watch that believe in the same stuff?

Do people who watch these shows look up to the stars?

If viewers don't agree with what the people on the show do or believe, are viewers just watching to make fun of them?

The answer to all of these questions is a hard no.

In response to the first: I, just like many other viewers, are by no means stupid. Many viewers do not only watch these reality shows and spend a good amount of time following more "high-quality" television when they are not in the mood for something a little less-than.

Likewise, just because someone watches a show that does not require much thought does not mean that their lives do not require much thought and that the rest of their day is not spent doing something far out of reach for many viewers of other, more difficult-to-follow shows.

To the second question, one of the most drawing things to these reality shows is to see some whose life is drastically different from my own, especially in their beliefs. It is entertaining. It is educational. It is enthralling.

Along the same lines, viewers do not necessarily look up to the people that we are watching on television, and only want to take a peek into the way other people live. Or, viewers may look up to those people seen in some ways but not others.

Michelle Dugger, the mother on "19 Kids and Counting," is incredibly admirable in her love for her children—at least as we can see on screen—but I absolutely do not look up to how she encourages a narrow view in her children.

Kendall and Kylie Jenner, the youngest daughters in the Kardashian family, are easy to look up to as they are paving their own path much differently than their older sisters did, but I do not look up to how much emphasis they continue to put on physical beauty.

Finally, although some viewers will make fun of the ridiculousness in the lives of those on television, this is not the case with many viewers. Yes, seeing the outrageous happenings and decisions in "Gypsy Sisters" is entertaining, but being entertained is different than making judgements.

All of these people grew up differently than I did so I, just like many of the other viewers, have absolutely no room to place judgement on reality stars' actions or decisions. Despite this, it is still entertaining to see.

Watching "trash" television does not make one a worse person, nor does it make them comparable to the people they are watching necessarily.

Try a show or two, you may find your favorite new one.

Spring Fashion



BY KIM MOSEMAN & KAYDEE JONES
Staff Writers

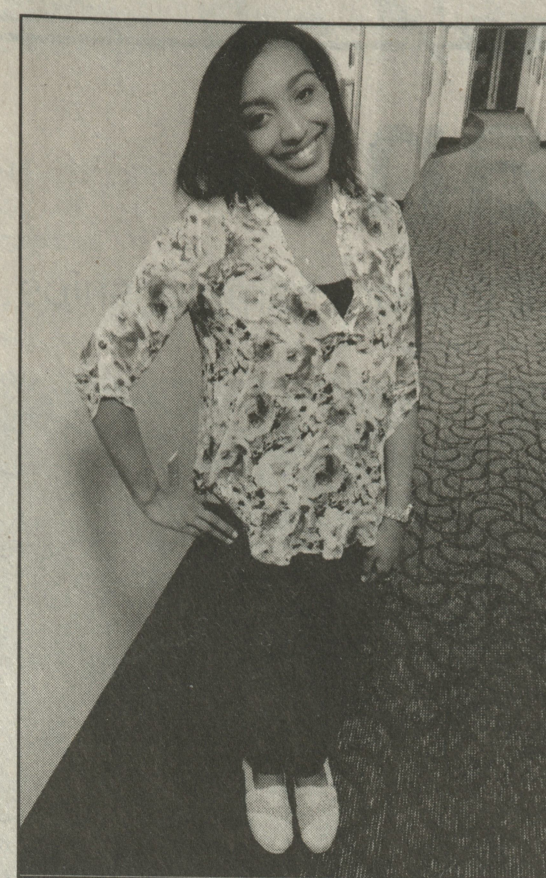
1. Wind Breaker- The perfect lightweight jacket that protects you from the elements. Pick out your favorite color to brighten a rainy day. "People say 'why did you get yellow?' Yellow is fabulous, my room is yellow." - Kristen Gwaltney, Sophomore



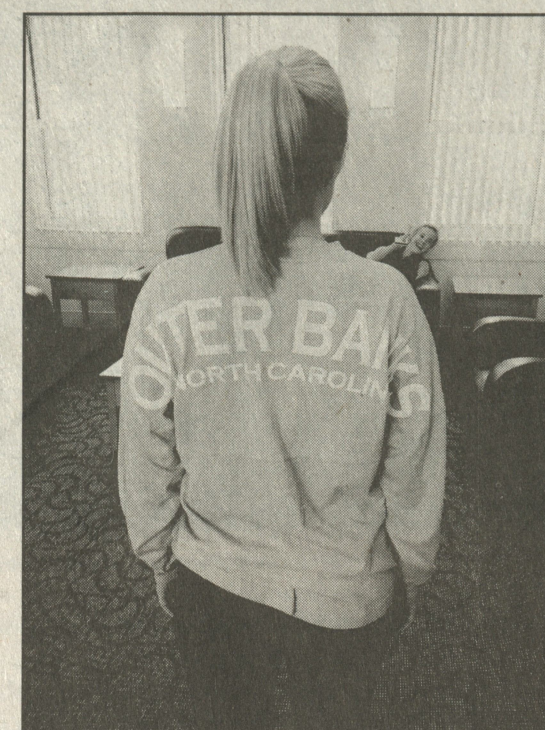
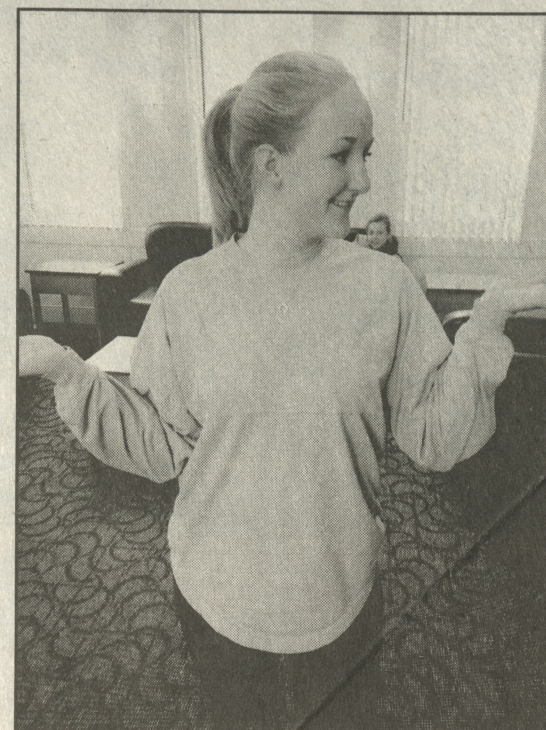
2. Rain Boots- It is no surprise with how much it rains here at Salisbury that rain boots are a must. The Hunter brand is especially popular on campus and comes in many colors to express yourself. "I got them from my grandparents for Christmas and I wear them in the rain or snow. They're very versatile." - Lindsay Montanye, Junior



3. Quarter-Zip Sweatshirt- Easier to get over your head than a hoodie and less bulky than a jacket, the quarter-zip offers a more dressed-up sweatshirt look. "I got it from Kohls. I like it because its light but not too light."



4. Toms- Not only does the popular brand donate a pair of shoes for every pair bought, Toms are comfy and perfect for a cool spring day. "Toms are really relaxed and you can dress them up or dress them down, and these are floral so they're a go to for spring." Veahna Gardineer, Freshman



5. Spirit Jersey- Representing your favorite place or organization is a cinch with the lightweight and easily styled spirit jersey. Pair it with a pair of leggings or jeans and you've got a super easy and cute spring look. "I like to wear it in the spring because its thicker than a shirt but lighter than a jacket." Madison West, Freshman

High-sugar diets associated with poor health

BY SHELBY CARL
Staff Writer

What unnamed drug does the average American consumes 130 pounds of in a year? The answer is sugar.

American adults intake roughly 500 calories from sugar alone per day. Despite the government suggested dietary regulation of no more than nine and a half teaspoons a day, adults consume roughly 22 teaspoons, while children come in at a whopping 32 teaspoons a day.

A comprehensive study by the Center for Disease Control and Prevention found that in general, sugar consumption decreased by age and as income level increased.

Food accounted for 67 percent of calories from added sugars and only 33 percent came from beverages. The study also found that 67.2 percent of calories from added sugars in food and 58 percent of added sugars from drinks were consumed at home, rather than from outside establishments.

Considering the health problems associated with a high-sugar diet, this might provide even more incentive to keep sugar out of the home.

Increased sugar intake also comes with an increased risk for: cavities, insatiable hunger, weight gain, insulin resistance, diabetes, heart disease, addiction, nutritional deficiencies and cognitive decline, among others.

Dentists have known about the detrimental effects of sugar on the mouth since 1967. Bacteria that live on the teeth feed on sugar residue and create an acid that can destroy enamel and cause cavities.

Sugar also decreases the body's sensitivity to the hormone leptin, which tells the body when it is full. Studies suggest that increasing fructose intake causes the body to produce above average levels of leptin and over time, creates resistance to it. Together with insulin resistance, these two processes

may be contributing factors to weight gain and the epidemic of obesity.

Insulin is a hormone that helps convert food into energy the body needs. Similarly to leptin, increased sugar intake causes the body to be desensitized to insulin and glucose builds up in the blood stream. Some easily recognized symptoms of insulin resistance are fatigue, hunger and brain fog, although many people may not recognize the signs, until it develops into diabetes.

Increased sugar intake also comes with an increased risk for: cavities, insatiable hunger, weight gain, insulin resistance, diabetes, heart disease, addiction, nutritional deficiencies and cognitive decline, among others.

Diabetes currently affects 8.3 percent of America's population, which represents an increase of 128 percent from 1988 to 2008. Sugar intake contributes to diabetes in two ways: increasing insulin resistance and decreasing portion control.

With increased sugar consumption, the body becomes resistant to glucose and leptin, which increases blood sugar levels and the amount an individual, will eat.

High sugar diets are also associated with America's No.1 killer, heart disease. One study with rats supplemented with a study by the CDC on almost 12,000 adults found that a diet high in sugar (versus those high in starch or fat) increased risk for death from cardiovascular disease.

Although there are no conclusive studies on sugar addiction specifically,

researchers agree that sugar acts like a drug in the brain and "sugar-addicted rats displayed bingeing, craving, and withdrawal behaviors."

The American Heart Association also found that by increasing their sugar intake, Americans are more likely to be missing out on key dietary nutrients. A study by the Department of Agriculture found that if someone received 18 percent or more of their calories from sugar, he was also most deficient in folate, iron, Vitamin A, Vitamin C and calcium.

high-sugar diets are associated with a decline in cognitive abilities ranging from reduced performance in the hippocampus to Alzheimer's. This could be one of the most detrimental short-term side effects for college students, as the hippocampus is primarily responsible for information retention and memory.

On March 31, 2014 the World Health Organization (WHO) finalized its decision to reduce recommended sugar intake to no more than 25 grams a day, or about six teaspoons. The guidelines apply only to sugar in manufactured products, not fresh produce. In fact, the WHO website states that most sugars people consume are hidden in processed foods such as frozen pizza, bread, yogurt, soup, and condiments.

While it remains to be seen whether the new dietary guidelines will affect American habits, it is a step in the right direction.

Salisbury's most visited trail becomes popular through word-of-mouth

BY BRIA BAYLOR
Staff Writer

Students are shedding their layers of sweaters and scarves ready to enjoy the warmth of the spring outdoors. The City Park and the Beaver Dam Creek bike trail offers an outdoor escape for students to explore this spring.

The City Park trail is only a few miles from campus. The trail starts from Beaver Dam Creek and cuts through the Salisbury Zoo and beautiful wooded areas near Pony League Park.

About 4-4.5 miles long, the trail has been restored by volunteers and the hands of the Eastern Shore International Mountain Bike Association (ES-IMBA). It has a varying terrain of hills, twists and turns through the scenery of fields, forested areas, and the calm creek in the center of the city.

"We had a quiet opening," said Jeff Dean, Salisbury Trail Crew Leader at ESIMBA. "The park has become well-loved through word of mouth."

Beaver Dam Creek is 20 feet below the street level. When visitors are near the water, they are amazed at how serene and quiet it is down there, says Dean.

"There's a growing bike culture in Salisbury. There's no downside to that activity," Dean said. "There is freedom in bike riding, especially financial freedom. After you purchase the bike, that's it. No gas cost."

For those who want to visit the trail, but are not bikers, fear not. The trail is great for runners and walkers too. It gets the most foot traffic on the lower Eastern Shore.

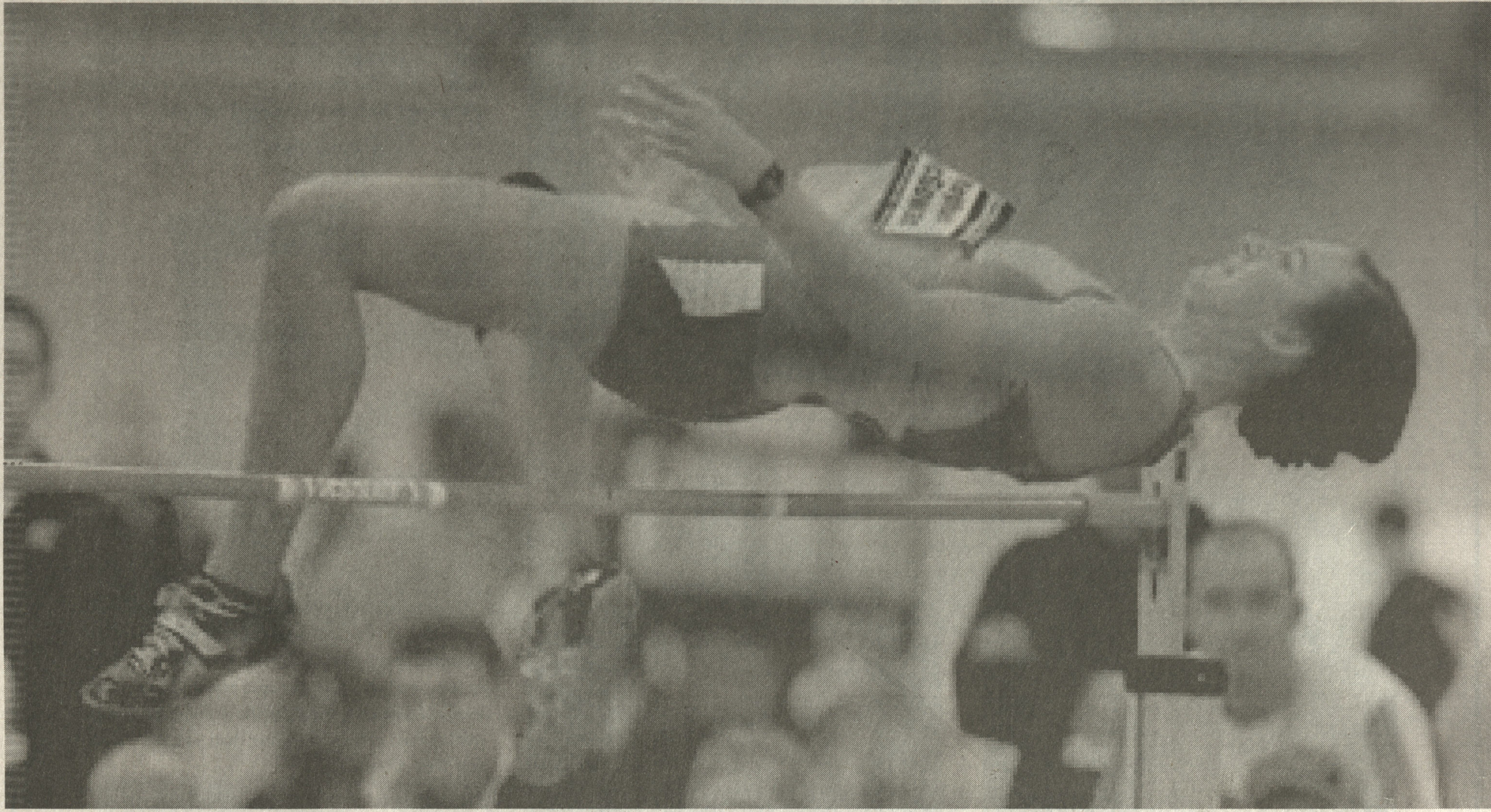
The best part about the trail? It's free of charge, all year round.

The trail is also a great place to volunteer. In efforts to keep the beauty of the park, ESIMBA is always looking for volunteers to come out to work on the trails and remove debris from surrounding areas.

For more information on the trail visit esimba.org.

All-American

Campbell defends title; named All-American with McGowan at indoor championships



Submitted photo from SU Athletics

Sophomore Meghan McGowan completes the high jump at the Division III Indoor Track and Field National Championships.

BY MITCHELL NORTHAM

Sports Editor

@primetimeMitch

While most Salisbury University students were packing their bags, boarding a plane or catching a car ride home for spring break, Luke Campbell and Megan McGowan were busy running and jumping.

On March 14, the pair went to Winston-Salem, North Carolina to represent Salisbury University and compete in the Division III national championships for indoor track and field.

Campbell was awarded his fifth national championship of his career after successfully defending his title in the 60-meters hurdle while McGowan earned All-American honors and placed fifth in high jump.

"It was kind of nerve racking, being back to try and defend. There is always a target on your back, and there were a lot of good guys that stepped up this year. I knew it wasn't going to be an easy race," Campbell said.

It was a close race with Aurora University's Bobby Cooks and Wabash College's Ronnie Posthauer and the trio crossed the finish line just milliseconds apart. After

running and jumping side by side with the other two, Campbell fell, but came out first finishing 0.02 seconds ahead of his competition.

"I tried to lean right at the end, and I ended up tumbling over. When I looked up at my time I thought I was disqualified from that," he said. "I kept waiting for my time to come up on the board, but it just kept going on and on and I started to panic. I started accepting that I had been disqualified somehow, so I just walked off, but someone tapped me on the shoulder and was like 'Hey, look at the board again,' and I saw my name. I was just relieved."

The junior finished with a time of 7.93 seconds – 0.06 seconds faster than his preliminary time. With the win, Campbell earned his seventh overall All-American honor and his third indoor All-American selection.

In addition to his accomplishments at the national championship meet, McGowan also earned All-American honors in the high jump competition for the women's side.

She got off to a solid start by clearing the first three heights on her first tries. The third height she cleared of 5' 5" tied McGowan – the seventh seed – for fifth in the

meet, allowing the sophomore to finish higher than her seed and earning the Odenton, Maryland native her first All-American status.

"I am always very nervous before the first jump," McGowan said. "Once I cleared the first height all of the nerves where gone, and I just knew it was game on from that point on."

"It felt incredible. I was seeded to get seventh but tied for fifth. Doing better than what I was supposed to do was an achievement in itself. I put my mind to all of my goals this season and ended up achieving them. It was just a great feeling to get to where I needed to be."

Campbell and McGowan will now prepare for the outdoor track season, which is set to begin for the Sea Gulls this Saturday at University of Maryland-Baltimore County.

SALISBURY
TRACK & FIELD

45 All Americans

- 12 Individual National Championships
- 15 Men's CAC Outdoor Championships
- 4 Women's CAC Outdoor Championships
- 4 Men's CAC Indoor Championships
- Women's Indoor Champions in 2012

Luke Campbell

Junior athlete from Brunswick Maryland
7 time All American
Won 60 meter indoor title in 2015 with a time of 7.93 seconds
CAC Indoor Co Athlete of the Year 2013-14 Season
CAC Indoor Rookie of the Year 2012-13 Season

Meghan McGowan

Sophomore Athlete from Odenton Maryland
2015 All American
High jump height of 5' 5" tied McGowan for fifth in the 2015 Indoor Championships
All CAC Indoor Second Team for high jump, 2013-14 Season

Samantha Brekesky graphic



Submitted photo SU Athletics

Junior Luke Campbell (center) receives the gold for 60-meter hurdles at the Division III Track and Field National Championships.

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From the Nest: Sports News and Notes

BY MITCHELL NORTHAM

Sports Editor

@primetimeMitch

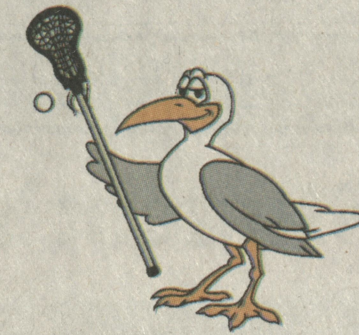
Men's Lacrosse: After back-to-back losses to Gettysburg and Ohio Wesleyan, the Salisbury men's lacrosse team is back to their winning ways and have won four straight games. They captured their first home conference win of the season on Saturday, beating Mary Washington 11-4 behind four combined goals from Sean Fitzgerald and Carson Kalama.

The Sea Gulls were bumped up in recent national rankings as well and now stand at no. 13 in Lacrosse Magazine's Division III poll. The Sea Gulls are scheduled to take on rival Stevenson at home on Wednesday at 7:00 p.m.

Women's Lacrosse: Like their male counterparts, the Sea Gulls' women's lacrosse team is on a four-game winning streak as well after topping Cortland St. on Sunday

by a score of 13-11. In that win, the Sea Gulls were led by Kate Haker's four goals and two assists.

Most recently, freshman Gianna Falcone has been racking up awards and honors, taking home the ECAC Rookie of the Week award and the CAC Defensive Player of the Week award last week. Falcone and the rest of the Sea Gulls will play their next game on Wednesday on the road against Franklin & Marshall.

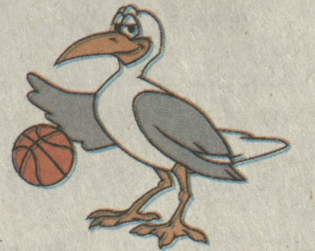


Madison Fox graphic

Women's Basketball: On Thursday, Sea Gulls' senior point guard Anna Hackett was named an honorable mention All-American. The accolade piles onto the Sea Gulls' historic 2014-15 season as Hackett is the first Sea Gull to earn the honor in 12 years. Hackett was instrumental in the Sea Gulls' success this season in their run to the Elite Eight of the NCAA Division III tournament and helped lead the team there, averaging 18.1 points, 4.2 assists and knocking down 86.8 percent of her free throws.

The award for Hackett caps off one of the best careers in the history of the program, as she climbed the school record books throughout her four years in maroon and gold, finishing second in program history in points (1,766) and third in assists (509). Over Hackett's four years, she appeared in all 111 games – starting 105 – while leading the team to a 76-35 record including three trips to the CAC tournament semifinals and the CAC championship this year.

In addition to Hackett's honor, the Women's Basketball Coaches' Association announced on the same day that head coach Kelly Lewandowski would be named one of eight of the United States Marine Corp/WBCA Division III Regional Coaches of the Year.



Madison Fox graphic

Primetime Perspective

Fear not Terps' fans, the best is yet to come



BY MITCHELL NORTHAM

Sports Editor

@primetimeMitch

When a West Virginia player swiped the ball away from Evan Smotrycz and raced to the other end for a lay-up to push the Mountaineers lead to eight points with around two minutes to play, I knew that the season was over for the Maryland Terrapins.

The Terps' men's basketball team lost on Sunday night in the round of 32 in the NCAA tournament to West Virginia by a score of 69-59. But after coming to terms with the fact that – A. this would be the last time I saw Dez Wells play for the Terps, B. that my bracket was busted and C. that the refs may have let this game get out of hand with the jackhammer illegal screens on Melo Trimble – I realized something.

This season was a start to a new beginning for the Terps, and the best may be yet to come.

Let's be honest for a moment, no one really expected

the Terps to make it this far this season. Of course, it needed to happen because if the Terps had missed out on the tournament for the fifth season in a row, head Mark Turgeon would have surely lost his job.

Landing Trimble helped, and with him he brought a freshman class that also included Michal Cekovsky, Dion Wiley and Jared Nickens, but when the Terps lost five transfers over the summer – in addition to having to mix seven footer Trayvon Reed's scholarship – who really expected the Terps to take the Big Ten by storm?

Not many. But behind great coaching, the superb play of Trimble, senior Dez Wells and a flurry of other guys stepping up, the Terps surprised the naysayers. They beat Wisconsin, Iowa State, Michigan State and won their first round tournament game versus Valparaiso.

The Terps returned to the top 10 in national rankings and accomplished a good amount of things in the college basketball world that they haven't since Juan Dixon and Steve Blake were running things in College Park over a decade ago.

And still, as great as this season was for the Terps, next year could even better.

Sure, Wells is leaving, and his production as a defender and an attacker will be missed, but he'll be replaced on the wing by players that learned from him this season. Wiley or Nickens could be up for the task.

Trimble will be back and likely pegged as a pre-season All-American and a favorite to win the Wooden Award, while Jake Layman will be a senior and paired with eligible transfer Robert Carter Jr. at the forward spots.

At the center position, Eastern Shore native Damonte Dodd will be back as a junior, but if all goes as planned for the Terps he'll be one of the best off-the-bench bigs in the NCAA if they can land one of the best center prospects in the country in Diamond Stone. Other re-

cruits coming include forward Ivan Bender, JUCO guard Jaylen Brantley and likely another ball-handler or two, but the big prize for the Terps this off-season will be landing Stone.

Should the Terps get their man and pair him with Trimble and the others, expect the Terps to not only be back in the tournament, but to be one of the best teams in the country.

I'm by no means a die-hard college basketball fan, but I watch a good amount of it and got the chance to cover a few Division I games this year. I have lived in Maryland for most of my life and while I was a big fan of Greivis Vasquez when he was a Terp a few years back, I never felt connected to the team as a fan.

But this season was different. I was rooting for these guys because I interviewed a handful of them – Wiley and Trimble – as high school players. I watched Dodd play local basketball here on the Shore and Wells, well – he was just fun to watch.

So I followed the Terps closely this year and every now and then I would text my friend – Terps fan and Salisbury University graduate Josh Weber – to talk about Maryland's basketball team every now and then among other things.

After the game on Sunday night, we were texting back and forth and he left me with this:

"The Terps were a top 15 team in the country and had a great season. They deserved a better region of the bracket, a better seed and then Melo got hurt. Lots of bad luck and karma. So good karma might come next season, and good karma comes with a shiny Diamond sometimes."

Either way, with or without Stone and with or without karma, the Terps should be better – if not one of the best – next season.

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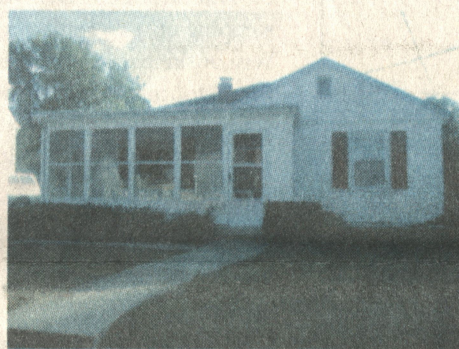
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